

# International Pole and Aerial Sports Federation

## Code of Points – Mid-Cycle Update

### Appendix

2024



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## **APPENDIX TO IPSF CODES OF POINTS**

### **Introduction**

The IPSF has 7 different disciplines, each with their own code of points. This appendix has been created to amend the different codes of points with essential updates that have arisen through the testing of the codes mid cycle at IPSF National Championships and the IPSF World Championships. Any points raised in this document supersede the existing rules and regulations in each code. Each point below corresponds to each code and will be added to the respective future codes in the next applicable cycle.

The amended points are listed in accordance to which codes they apply to, as well as the respective sections and page numbers in each code.

## **POLE SPORTS:**

### ***TECHNICAL BONUSES***

A maximum of 25.0 points can be awarded in the technical bonus. Please note that all technical bonuses must be performed aerially, unless specified otherwise. This section judges the level of difficulty, combinations, and transitions in and out of pole tricks, as well as the doubles synchronised/interlocking/balance and pair pole tricks. The judges will look for tricks performed with ease and grace. All athletes must complete a Technical Bonus Form, noting the bonus elements in the order they will be performed; athletes must submit a form regardless of whether pole tricks will be included in their routine or not. A repetition of a specific individual bonus (defined as a repetition of a specific movement) will be awarded a maximum of two times, i.e., athletes performing the same JO multiple times will only be awarded for the first 2 bonuses. Any additional repetitions will not be judged. An example form can be found at the end of the Code of Points. This section is broken down into the following areas:

*IPSF Pole Sports Code of Points 2021 – 2024: Page 5*

#### **Dynamic combinations on spinning or static pole: DC (Max +3.0 pts)**

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the pole. Dynamic movements can include regrips, drops, acrobatic catches, jump-outs, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. A repetition of a dynamic combination will be awarded a maximum of two times e. g. if an athlete executes a half fonji six times (from shoulder mount to brass monkey/flag grip counts as one movement), only the first four half-fonjis (so 2 full fonjis) will be awarded. Also, only 1 regrip can be included in a dynamic combination. **+0.5**

When Dynamic combinations are made up of 2 other singular bonuses, the DC must be indicated in brackets (for example, AC + AC (DC) or D + JO (DC)). When Dynamic combinations are made up of 1 singular bonus and any other dynamic movement, the DC must also be indicated in brackets (for example, D (DC) or AC (DC)). When Dynamic combinations are not made up of singular bonuses but rather only 2 separate dynamic movements not allocated to singular bonuses, the DC must be indicated without brackets.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 5*

#### **Partner catch / throw from pole/hoop to partner or partner to pole/hoop:**

Please note that the partner being caught/thrown should momentarily be airborne with no contact to the apparatus.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 7*

#### **Regarding flips, pole flips, contact flips and floor-based flips:**

We will consider a full rotation in the flip based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 6 - 7*

### ***TECHNICAL DEDUCTIONS***

#### **Lack of synchronicity of component (Doubles)**

Lack of synchronicity of an element refers to the partners executing any component of a routine (namely elements or movements including transitions, bonuses, dance elements etc.) that is uncoordinated and during which they are not in time with each other. This includes components performed both on the aerial hoop and on the floor, and includes all components performed during the routine. **-0.5**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 9*

**Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges, so that the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body. This applies to components performed both on the floor and on the pole **-0.5**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 9*

**Poor transitions in and out of elements and on and off the pole**

A poor transition is when an athlete fails to execute the entry and exits of elements smoothly, e.g., an abrupt uncontrolled entry/exit not performed with ease and grace. Transitions should appear effortless. This applies to components performed both on the floor and on the pole **-0.5**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 9*

**Lack of synchronicity (Doubles)**

The athletes will incur deduction points if they fail to perform their routine in a synchronised manner for a minimum of 50% of their entire routine, either on the hoop or on the floor. This includes all components of the routine together, either on the hoop or on the floor. **-2.0**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 9*

**Lack of synchronicity (Doubles)**

The athletes will incur deduction points if they fail to perform their routine synchronised for a minimum of 50% of their entire routine. Either on one pole together, both on their own pole or on the floor. This includes all components of the routine together, either on the pole or on the floor. **-2.0**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 9*

**ARTISTIC AND CHOREOGRAPHY PRESENTATION****SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):****Causing distraction by uttering vocals**

The definition of vocals includes talking, cueing, grunting, whooping, cheering, and mouthing words as it causes a distraction. **-0.2**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 11*

**Costume malfunction or distraction**

The definition of a costume malfunction is when a part of the costume accidentally falls down, falls off, becomes revealing (i.e. underwear becomes exposed), or distracting to the athlete's performance (this does not refer to decorations coming loose during the performance for example diamantes, beads, sequins, or feathers falling off the costumes). This should not be confused with the wilful removal of clothing, which is a direct violation of the IPSF rule of non-removal of clothing and can result in instant disqualification from the competition. **-0.2**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 11*

**Drying hands on costume, body, hoop, or floor and/or adjusting hair or costume**

Drying or wiping hands on costume, body, hoop, or floor and/or wiping hair away from face or neck, pulling at or fixing costume. **-0.2**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 11*

**No logical beginning or end to the routine and/or and the routine starting before or ending after the music**

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to be seen by the judges. They must start their routine when the music starts and stop when the music ends. **-0.2**

*IPSF Pole Sports Code of Points 2021 – 2024: Page 11*

**COMPULSORY**


Please note: If the minimum requirements refer to a specific element code or require the athlete to refer to the glossary, this means the shape/element being referred to must be performed exactly as described. If no element code is provided, or the position is required but there is no specification to refer to glossary, then the general shape of the movement/element should be adhered to, but it does not have to match exactly. All minimum requirements of each element must always be followed. All leg and arm positions must always be followed.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 12*

Compulsory elements will always be judges first; if the elements are considered performed correctly according to the minimum criteria, then judges will consider the compulsory bonuses. Compulsory elements will be awarded if correct, even if compulsory bonuses are not performed correctly.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 16*

**Leg Positions**

	<p><b>Ring</b> When one leg is pulled with the hand or hands (or pushed with the hoop) backward towards the head, either touching the head, or over the head</p>
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*IPSF Pole Sports Code of Points 2021 – 2024: Page 20*

**PROHIBITED MOVEMENTS AND PENALTIES**

- All work, where the athlete is not in contact with the pole, must be limited to a maximum of 40 seconds of the total length of the performance. When doubles are performing, this 40 second limit refers to the time when no athlete is touching the poles.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 20*

**HEAD JUDGE PENALTIES**

Grip aids	Applying grip aid directly on the pole Pole cleaners cannot remove the residue from the poles in the allotted time (1 minute)	- 5
	Using prohibited grips aids	Disqualification

*IPSF Pole Sports Code of Points 2021 – 2024: Page 21*

## COMPLETING THE FORMS/THEME SHEETS

### Country/Region:

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National competitions, the athlete must also indicate their region / province / county. Open athletes are only required to indicate their country and must not include their region.







*IPSF Pole Sports Code of Points 2021 – 2024: Page 122 & 126*

## GLOSSARY

### Components

A component of the routine includes any part of that routine, including but not limited to compulsory elements, additional elements, movements such as transition, bonuses and dance sequences.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 130*

	<b>Fully extended arm</b>		<b>Fully extended leg</b>
	<b>Micro bent arm (Extended arm)</b>		<b>Micro bent leg (Extended leg)</b>
	<b>Bent arm</b>		<b>Bent leg</b>

When the minimum criteria of an element states Extended (as opposed to Fully Extended), and the athlete performs the element with Full Extended arms/legs, the element will still be awarded. However, if the element says Fully Extended and it is not performed with Fully Extended arms/legs (i.e. with only Extended arms/legs or with Bent arms/legs), the element will not be awarded.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 131*

### Synchronisation / synchronicity (Doubles)

Synchronisation / synchronicity refers to the synchronisation of the overall performance. This includes on and off the pole, around the pole and the stage area as well as how well the partners work together throughout the whole performance. Synchronisation also refers to the execution level of the partner tricks or combinations. This can either be both athletes on one pole or on two separate poles performing a mirror image of the trick or combination. In order to display the highest LOD to the judges, the athletes must be in unison in timing, execution, and range of movement. Athletes should move together – this can be in identical movements, but can also be in separate movements. The athletes must always be aware of each other, and move with this awareness throughout their routine.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 134*

## **RULES & REGULATIONS**

### **1. DIVISION**

Please note that an instructor is defined as someone who has taught the specific apparatus in any way – this includes teaching in person (regardless of the level), online classes, workshops of any kind (including group routines of any kind) or via tutorial dvd's/video instruction. This is regardless of whether or not compensation received – it is the act of instructing that qualifies someone as an instructor. If an instructor enters the amateur category, they will be disqualified and banned from competing for at least 1 year.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 136*

### **4. ATHLETE SELECTION PROCESS**

- 4.3. Athlete participation is by qualification, e.g. regional heats. The selection process can be specified by the Organiser of the national competition.
- 4.5. The athlete's position in the running order will be determined by a random draw. This will be recorded by the competition organiser. In the case of an athlete performing in multiple categories (e.g., Senior doubles Women/Men and Senior 18+ Women), the competition organiser reserves the right to place the athlete (i.e., not randomising their position in the running order) to take this into account.

### **8. ATHLETE REGISTRATION**

8.4

- If a participant does not attend the medal ceremony without a legitimate excuse (anti-doping testing, medical emergency or death of a direct family member) and has placed in the top 3, they will be disqualified, and their medal will be awarded to the next athlete.
- If a participant has a legitimate excuse for missing the medal ceremony (anti-doping testing, medical emergency or death of a direct family member), a teammate or IPSF-recognised coach may step in for them in the ceremony, and will be expected to adhere to the tracksuit rules and regulations.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 140*

### **10. COSTUME**

- 10.18. All athletes should have tracksuits according to the requirements set out by their National Federations:
  - National Tracksuits for use during WASC must follow the rules set out in the Tracksuit Appendix, released as a separate document. Please refer to this document for all tracksuit rules and regulations.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 142*

### **11. HAIR AND MAKEUP**

- 11.1. Hair shoulder length or longer should be pulled back out of the face and up away from (and off) the neck so that full facial features, facial expression, and neck alignment are clearly visible to the judges. There should be no distraction by the need to wipe hair away from the face or neck. In the case of short hair, athletes must ensure that the facial features and neck alignment should still be clearly visible to the judges. Short bangs that end above the eyebrow and do not touch the eyebrow are permitted for all athletes.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 143*

## **17. PENALTIES**

- 17.5 Touching the rigging or truss system while competing. This includes touching the backdrop on the stage at any time during the routine, the side banners/drops and the skirting around the stage (the stage demarcation).

*Please note that Head Judge Penalties can be applied at any point during the competition, and disqualifications may be applied post-competition.*

*IPSF Pole Sports Code of Points 2021 – 2024: Page 145*

## **20. COACHES**

- 20.1. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course specific to the apparatus and current year they are coaching on/in (i.e. if coaching Aerial Hoop, the coach must complete the Aerial Hoop Code of Points within the competition year), as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year.
- 20.2. All coaches that sign the athletes' compulsory, technical bonus forms and artistic theme sheets must be IPSF-registered coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title. Coaches are only permitted to sign forms in the disciplines in which they have qualified as an IPSF-registered coach (i.e. if a coach is registered as an Aerial Hoop coach, they are not permitted to sign the forms for a Pole or Aerial Pole competition). A maximum of 2 IPSF Coaches are permitted to sign the forms.
- 20.5. Only an IPSF registered coach may accompany the athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only. A maximum of 2 IPSF Coaches are permitted to join the athlete on the kiss and cry.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 146*

## **21. DISQUALIFICATION**

- 21.10. Any unauthorised person accompanying the athlete on stage during the routine.
- 21.16. Any depiction of violence will lead to disqualification. This includes (but is not limited to) violence being reflected in the music, choreography or costume.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 147*

## **24. RIGHTS AND RESPONSIBILITIES OF THE ATHLETES**

- 24.9. Please note that the competition starts when the athlete registers and ends when the judges panel and competition organisers have vacated the venue after the final day of competition.
- 24.15. Ultimately it is the responsibility of the athlete/performer to ensure all rules and regulations are followed. Should there be a rule that is violated but is not picked up during the Head Judge checking process, the athlete/performer can still face a deduction for this rule violation at the competition.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 148*



## **26. SCORING SYSTEM**

- 26.1.1. The athlete must collect their score strip from the announcer as soon as their scores have been announced.
- 26.1.8. Once the Head Judge is done, the Head Judge will discuss the results with the athlete and the IPSF Recognised Coach (/ Parent / Legal Guardian in the case of athletes under the age of 18). The athlete will have a maximum of 10 minutes for this discussion (or 15 minutes if a translator is needed).
- 26.1.12. A score change will be enacted for Compulsory, Technical Bonus and Artistic & Choreography scores should there be any change identified in the contest. For Technical Deductions, the score change will only be enacted IF the score changes by 2 points or more from the original score.
- 26.1.13. If the athlete or their IPSF Recognised Coach / Parent / Legal Guardian becomes belligerent, argumentative, aggressive or combative, the Head Judge will add additional Head Judge deductions or disqualify the athlete (dependent on the severity of the behaviour).

*IPSF Pole Sports Code of Points 2021 – 2024: Page 149*

### **LIMITED ELEMENTS/MOVEMENTS**

Additional to the below elements, the following is also limited to one of each kind of movement per routine only:

- Pivots (as in rhythmic gymnastics, specifically horizontal, attitude and needle pivots)
- Walkovers (forwards and backwards, including starting on the floor)
- Capoeira movements
- Cartwheels of any kind with no contact with the apparatus
- Round-offs

As a general rule, no elements/movements with a turn of more than 720° are allowed.

Please note that limited elements refer to elements with no apparatus contact.

If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below).

If more than one limited element of a type is performed, this additional element is considered a prohibited element and will result in a -5 Head Judge deduction.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 158*

### **PARA POLE**

In Pole Sports, the IPSF has selected the following eligible conditions to be part of Para Pole with further classifications and rule modifications:

- 4. Intellectual impairment:
  - a. Group PPII: restriction in intellectual functioning and adaptive behaviour

*IPSF Pole Sports Code of Points 2021 – 2024: Page 165*

#### **Description of eligible impairments accordingly to the International Paralympic / Special Olympics Organisations:**

- 4. Intellectual Impairment: Athletes with an Intellectual Impairment have a restriction in intellectual functioning and adaptive behaviour in which affects conceptual, social and practical adaptive skills required for everyday life. This Impairment must be present before the age of 22. This includes athletes with an intellectual disability and/or autism.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 165*

**Athletes with an Intellectual Disability:**

Intellectual Disability is a disability characterised by significant limitations both in intellectual functioning and in adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This disability originates before the age of 22. Based upon this definition, the Eligibility.

Criteria for athletes with an intellectual disability are:

1. Significant impairment in intellectual functioning which is defined as a Full-Scale IQ score of 75 or lower, and;
  2. Significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. This is defined as performance that is at least 2 standard deviations below the mean of, either:
    - a. One of the following 3 types of adaptive behaviour: conceptual, social, or practical skills
    - b. An overall score on a standardised measure of conceptual, social and practical skills, and;
  3. Intellectual disability must be evident during the developmental period, which is from conception to 22 years of age.
- Athletes must meet all 3 elements of the criteria to be eligible.

**Athletes with an intellectual disability and significant additional impairment:**

A significant additional impairment is defined as a lifelong condition that affects the functional capacity of the individual and substantially impacts their sports performance. This includes athletes who have an intellectual disability, associated lifelong conditions, and/or a genetic condition, such as Down syndrome.

Athletes will be eligible for the PPII category if it can be demonstrated that they have significant functional impairment in addition to an intellectual disability. That is:

1. A formal diagnosis of Trisomy 21 or Translocation Down Syndrome.
- OR
2. Have a diagnosed intellectual disability (as defined by the II1 criteria) AND a diagnosed medical condition that impacts their functional capacity.

**Athletes with Autism:**

Autism or Autism Spectrum Disorder (ASD), is defined by the World Health Organisation (WHO) as 'persistent deficits in the ability to initiate and to sustain reciprocal social interaction and social communication, and by a range of restricted, repetitive, and inflexible patterns of behaviour, interests or activities that are clearly atypical or excessive for the individual's age and sociocultural context. Deficits are sufficiently severe to cause impairment in personal, family, social, educational, occupational or other important areas of functioning and are usually a pervasive feature of the individual's functioning observable in all settings, although they may vary according to social, educational, or other context.' Eligibility criteria for athletes with autism is a formal diagnosis of Autism or ASD carried out by qualified practitioners, using accepted diagnostic techniques.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 165*

**PARA POLE CATEGORY CRITERIA:**

- Para Pole is split into 2 age categories:  
Youth (Mixed) - Ages 14-17 on the first day of the WPSC  
Senior 18+ (Mixed) - Ages 18+ on the first day of the WPSC

*IPSF Pole Sports Code of Points 2021 – 2024: Page 166*

If an athlete could be classified into several categories, the athlete should compete in the category that reflects the biggest of their impairments.

*IPSF Pole Sports Code of Points 2021 – 2024: Page 166*